Type: conditioned game

Participants: 2

Duration: 90min

Is\_general: true

PrimaryShots: volley straight drop, deep drive, straight drop, counter drop, volley cross drop, volley straight drive, volley cross

SecondaryShots: volley 2-wall, volley hard cross, volley hard drive

ShotTypes: volley, drive, cross, lob, drop, boast

ShotSide: forehand, backhand

squashLevel: Advanced

Intensity: High

Fitness: Medium

Leg workout: Medium

Arm workout: Medium

Support doc: Null

Focus: Mastering Proactive Volley Play to Control the T and Dominate the Front Court

Rest time between exercises: 1min30sec

## WARM-UP (10min)

* *2min30sec*: **Boast– Drive – Drop – Drive** (Sequence: Player A boasts → Player B drives → Player A drops → Player B drives)
* *2min30sec*: **Boast – Drive 2 shots** (keep same positions) (Sequence: Player A drives and then plays a boast (2 shots) → Player B drops and then plays a drives (2 shots)

Switch roles and repeat the exercises above

## SESSION

Conditioned Game 1

* First to 9 points (both sides): **Length Game with Kills** (rules: second bounce of the ball on the floor must land behind the T-line.)

Conditioned Game 2

* First to 9 points (both sides): **Length Game with Kills and Volley Straight Drop** (rules: second bounce of the ball on the floor must land behind the T-line. If a player volleys around the T-line then this player is allowed to play a volley straight drop)

Conditioned Game 3

* First to 9 points (both sides): **Length Game with Kills and any Volley Short** (rules: second bounce of the ball on the floor must land behind the T-line. If a player volleys around the T-line then this player is allowed to play a volley short shots(e.g. volley drops and boasts)

Conditioned Game 4

* First to 9 points (both sides): **Length Game with Kills and Deep Shot Focus** (rules: second bounce of the ball on the floor must land behind the T-line. If a player plays 2 deep drives in a rally, i.e. ball bouncing on the floor then backglass, then the rally is automatically won)
* First to 9 points (both sides): **Length Game with Kills and Short After Deep** (rules: second bounce of the ball on the floor must land behind the T-line. If a player plays a deep drive, i.e. ball bouncing on the floor then backglass, then the opponent must play a short shot. Counters are allowed)

Conditioned Game 5

* First to 11 points (both sides): **Free Game**

**End of session**

## INSTRUCTIONS

* ***Advice:*** *Here you are expected to be smart and use combinations of shots. Without combinations the efficiency of these exercises will not be maximised. If you are unsure about the combinations you could try to do… contact your coaches :-)*
* **Kills**: all length games are with **kill allowed** (2nd bounce behind the line)
* **Counters**: Any short shots can be **countered as many as** the players want until someone plays a deep shot, unless specified otherwise